

Healthy Eating in the Workplace Participant Pre Education and Awareness Raising Evaluation Worksheet

This is an anonymous survey. Please do not identify yourself.

The *Healthy Eating in the Workplace Guide* is a resource that is meant to assist government employees, members of healthy workplace (HWP) committees, and/or health professionals who are interested in making healthy eating a part of their workplace. The topics included in the **Education and Awareness Raising** section of the guide are:

Food Guide Basics	Break the Fast (Breakfast)
Small Steps Matter	Baggin' It (Packed Lunches)
Label Reading	Food Safety
Portion Control	Snack Attack
Healthy Eating on the Go!	Body Weight, Dieting, and Body Image
Eating Out/On the Road	Asking Food Questions
Healthy Eating on a Budget	Shift Work and Healthy Eating

This evaluation sheet is meant to gather some data about participants' knowledge of the above topics before any activities from the Education and Awareness Raising section of the guide are implemented. Please rate your responses by circling one of the numbers on a scale of 1-5 (Low: 1, High: 5):

1 I use *Eating Well with Canada's Food Guide* when planning meals and snacks.

1 2 3 4 5
Never Sometimes Always

2 I try to make small changes in my daily routine to develop healthy eating practices (for example, eat whole grain bread instead of white bread).

1 2 3 4 5
Never Sometimes Always

3 I read labels on food items (for example, I read the number of calories per serving or the amount of sugar and salt in one serving of a particular food item).

1 2 3 4 5
Never Sometimes Always

4 I consider the number of Canada's Food Guide servings in the food items I purchase (for example, a large banana could easily be 2 to 3 servings of Vegetables and Fruit).

1 2 3 4 5
Never Sometimes Always

5 I plan meals ahead of time to avoid purchasing ready-to-eat meals.

1 2 3 4 5
Never Sometimes Always

6 I choose healthier options when eating out (for example, grilled rather than fried).

1 2 3 4 5
Never Sometimes Always

-
- 7** I compare brands to check out taste, nutritional content, and dollar value.
- | | | | | |
|-------|---|-----------|---|--------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |
-
- 8** I eat a healthy breakfast to have more energy to focus on my work (for example, hot cereal made with low-fat milk, sprinkled with berries on top or yogurt mixed with berries and bran).
- | | | | | |
|-------|---|-----------|---|--------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |
-
- 9** I pack myself healthy lunches (for example, I include at least one serving from all the four food groups).
- | | | | | |
|-------|---|-----------|---|--------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |
-
- 10** I practice safe food handling (for example, by keeping hot foods hot and cold food cold, or setting the refrigerator to 4° C (40° F) or below).
- | | | | | |
|-------|---|-----------|---|--------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |
-
- 11** I choose healthy options for snacking (for example, low-fat cheese/milk, carrots, fruit).
- | | | | | |
|-------|---|-----------|---|--------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |
-
- 12** I buy locally grown food when able.
- | | | | | |
|-------|---|-----------|---|--------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |
-
- 13** My workplace offers healthy choices when food is made available during meetings.
- | | | | | |
|-------|---|-----------|---|--------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |
-
- 14** My workplace supports healthy eating at work.
- | | | | | |
|-------|---|-----------|---|--------|
| 1 | 2 | 3 | 4 | 5 |
| Never | | Sometimes | | Always |

Thank you for your participation.